

UNITY DAILY WORD

A PAGE OF SUNSHINE FOR EACH DAY.



HAPPINESS
HEALTH
PROSPERITY

September, 1932

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August 20 to September 19

*The Spirit of intelligence is quickened in me,
and I see the light.*

*The Holy Spirit quickens my mind and my
body, and I am made every whit whole.*

*The Spirit of prosperity and success has
entered into my mind and affairs, and my visi-
ble supply is abundantly increased.*

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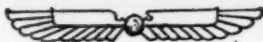
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UNITY DAILY WORD

A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold yourself as the son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

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Speak Kindly

“Never say of another
what you would not
have him hear.”

FRIENDLY DOORWAYS

I like to see a doorway wide,
The door ajar a space,
With "Welcome" showing on the step,
The curtains hung with grace.
I always feel a friendly man
Is home, if I should call;
At my disposal, if I stop,
He freely places all.

I like to know that all through life
The doors are opening wide,
And that on every hand I find
My call is not denied,
That life says, "Welcome," back to me
Wherever I may go,
And that its all it offers me;
At least, I've found it so.

And, so, I like my doorway wide,
I like my door ajar,
That, possibly, my light may bring
Some stranger from afar.
That he, in searching for a door,
May see my light and take
Fresh courage then and, if he can,
A little visit make.

SUPERLIVING



TO LIVE ABOVE the trials and worries of the ordinary life, to get more and more out of living, to enjoy a rich and abundant life—this appeals to all of us.

There is a constant urge within us to break the confines of a narrow existence. There is a supreme desire to let something within us express itself in some way that will enlarge the circumference of our life. There is always an inner knowing that we can be something more than we are.

The very idea of "superliving" appeals to us, because in this newly-coined word we find something that challenges us to live supremely. The thought of superliving takes us right out of narrow environments. We find walls and barriers falling and breaking down before us as we contemplate a superior manner of living.

How can we live a superlife? What is the way to superliving? To superlive, our thought about life must be corrected first. We must cease to think of ourselves as bound to the living of a narrow existence. We must recognize the possibilities and the opportunities that are presented to us, opening the way to better things. We must grasp opportunities that will lift us out of bondage and stagnation.

The superlife appeals to us because of our inner urge to grow. When we permit the belief in a narrowing existence to overcome us, we suppress our inner powers of expression. When we vision freedom and expansion, we set free the urge to be free, we extend our life. The superlife is the life of him who has found him-

self and God within him. It is the life of that person who knows no limitations to his expression.

Superliving is but the expression of the life of Spirit within us. Spirit urges us forward and upward. Its command is ever to arise and ascend! Its command is the command of heaven for us to behold ourselves as sons of God—children of life, love, peace, health, and plenty. The superlife is the life of love, peace, and success. To live supremely is but to give expression to our inner desire to live the more abundant life.

If you would live supremely, you must not limit yourself or others. You must not think of yourself as not able to do things. You must not think of others as bound to shortcomings, disease, or failure. You must realize that as a child of God you can do all things.

Have you ever thought how inclined man is to limit himself, to believe that he cannot do things, to think that he cannot escape bondage, to believe that he must accept a narrow existence as his own? One of the difficult things in life seems to be to convince a man that he can do things, that he is free, that he has power to succeed. When a person has realized in his heart of hearts that he is free, he is free. When he realizes that he can accomplish that which he has a desire to accomplish, he can do so.

To live supremely, we must be happy. We need to realize that there is nothing in all this world that can make us unhappy but our own

limited beliefs. When we realize this, when we grasp the consciousness of happiness, we have done much toward the living of the superlife. Happiness has a most definite place in superliving. The realization that persons, things, and circumstances cannot master us comes to us when we learn to live supremely.

The study of Truth, the philosophy of Christ, helps us to break the narrow confines that we have built about ourselves, and so helps us to live a fuller life. Our life expands as we sense the unlimited aspect of life. We see that we can do all things, that we can have whatever we desire, that we can be whatever we desire to be.

Begin today to live supremely. Turn out of mind every thought that would limit the expression of your indwelling Spirit. When you hate or fear other persons, you limit your own world. When you love, you expand it. When you are envious of others, you deprive yourself of the enjoyment of seeing them happy and successful. When you would restrict others, you get into the consciousness of restricting yourself.

The little fears, worries, and limitations that you harbor in your mind today will be as nothing when you attain the consciousness of superliving. You will learn to live above such petty thoughts. You will think supremely. You will think the thoughts of the heights, the thoughts of heaven—thoughts of your own supremacy through the might of the Spirit of Christ within you.

"I LAUGH AT LIFE"



HAVE YOU ever considered what a funny proposition life is? Strangest of all is man's reaction to the experiences of life. Early in life he is introduced to some spurious philosophy of life that has for one of its tenets that other persons and things can make him unhappy. Yet as a small baby he knows little of the world of things about him; they are dim and out of focus. He is his own cosmos. He and his mother complete his world.

Possibly in the baby's smile is a happy realization of an inner joy. Even though in a certain sense he is dependent upon others for care, at the same time he has not been taught the seeming power of things. We might say of him that he has not been falsely educated, since when he grows into an adult and has to learn the nothingness of things he must be re-educated.

A very successful business man recently told us about his philosophy of life. He had learned to smile at life regardless of what it offered to him. Through rebuffs and failures, he still smiled. One evening he had read a metaphysical article explaining to him that life became to us something identified with our reactions. He clearly perceived that if he rebelled at some situation, became angry and disturbed, then life presented to him a series of angry faces. Everywhere he would look he would find something to increase his anger or his negative state of mind.

Next he saw that, if he met a disturbing situation with a smile and with the feeling that he

was its master, then the world about him seemed to be subjugated to him. He reduced the world to his own mental reactions. One morning he determined to laugh in his heart at the world about him. He determined to smile through any situation. His first experience was that many little adversities were given to him seemingly to test his courage and his new faith. But he kept smiling! He had had revealed to him the fact that the old philosophy about the power of things over him was false. He was reëducating his mind to know his own power over things. He found that with his Father-Mother God he could do all things.

"Do you know," he said, "that I laugh at life now? In my heart of hearts, I laugh at the many things that worry other men. I smile at the old philosophy of life with its crude and cruel teachings. Smiling through life seems to be my very religion." He had learned to live detached from disappointments, worries, and the like. The state of things did not worry him because by his way of thinking he could transform them into whatever he liked. Any person true to such a philosophy would soon find that life would reflect his smiles back to him. If we smile at life, then life smiles, too. Everywhere we find smiles.

Man is much more inclined to react to adverse situations by worrying than he is by smiling. This comes through his training in the false notion that things have power over him. All the secret and mystical philosophies and re-

ligions of all time have taught the nothingness of the world. Only in recent years men in general have been given this teaching and have tried to practice it. Man's first impulse is to leave things alone and to live a life of detachment. We have in mind the Hindus, who detach themselves so completely from things of the material world that they live lives of squalor. The newer teaching shows us that, even though we realize the nothingness of the world, yet we are its master and can lay hold of its good. We may smile at the adverse situations in life, but we should never give up in the sense of depriving ourselves of the good that can come to us.

To smile at life is to smile victoriously, knowing that life in turn must yield us a blessing or many blessings. We smile the smile of the conqueror, not that of the vanquished. We laugh at life, knowing that, even though it has seemed to annoy us, yet it must compensate us with its richest gifts.

"I laugh at life." Do you see the possibilities in such a philosophy? Were all persons to begin smiling and laughing at life, were frowns and worries to vanish, the world would be heavenly, indeed. Possibly the nothingness of the world would be translated into something supremely fine and good, were men to learn to smile through life. Possibly the greatest teaching of all ages is that of laughing at life, letting the spirit of victory in us smile at the vaunted power of things and situations.

"WINDOWS OF HEAVEN"



HAVE YOU EVER been in the slough of despondency, on a bed of pain, or faced by seeming opposition on every side, and then suddenly realize the nothingness and powerlessness of the outer situation, suddenly feel a burst of light within and about you, the light of the presence of God? Have you ever been in some situation in which your black and heavy thoughts seemed to darken your world completely, and then you seemed to be given a higher thought, a deeper consciousness of reality, and realized that in Truth you did not exist in adversity and despair, but in heaven?

Many an invalid on a bed of pain, many a business man seemingly engulfed in financial depression and failure, many an individual living in an environment of inharmony and hate, has seen this light. He has seen the windows of heaven open and a flood of light has burst upon him. He has realized that the high Truth of heaven—the reality of his peace, health, and success—alone is true.

In the Book of Malachi we read: "Prove me now herewith, saith Jehovah of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough *to receive it.*" The "windows of heaven" open to us when we look heavenward, when we turn from all belief in the power of adversity. When we prove to ourselves that God is all in all—all of peace, love, health, and plenty—then we cannot let adversity overcome us.

Oftentimes, when in silent prayer, a person will realize his detachment and freedom from adverse conditions because the very light of heaven will reveal to him the reality, presence, and power of God. The windows of heaven will open to him, and his whole being will be flooded with light, joy, love, peace, life, and health. He will lose all belief in the presence or power of fear, hate, pain, disease, or failure when he grasps the all-reality of love, health, and success.

A woman one time related that she had been given up to die and that relatives were at her bedside, anticipating the final moment of her life. She had been unconscious for many hours. She had the experience of sleeping heavily and, at the same time, of being able to hear some of the voices about her. There came a time when that which represented disease and suffering seemed to separate from her and something beautiful and strong began to grow within her.

An assurance of her power over disease, pain, and weakness came to her. She lay still with only half-opened eyes. Those of her sorrowing relatives who were about her continued in the belief in death. They could not see the light of God shining in her heart. They did not know that she had perceived the trueness of life! She could see how by gradual stages she had been led by adverse belief down into the darkened valleys of disease and hopelessness. Her mind began to shake off the miasma of adverse belief and to free itself from the mesmerism and hypnotism of belief in death. She saw

that those who believe in succumbing to death die. Those who find that God is their life live!

Windows of heaven opened to her consciousness and heaven's light revealed Truth to her. She turned from darkness to light, and beheld heaven's blessings poured out upon her. She beheld the light of Truth within her own soul, and heaven's light shone about her. The light of Truth in her consciousness freed her from the mesmeric thought that would have separated her from life.

Windows of heaven open to us when life on every hand seems to be closed to us. The light of Truth reveals our blessings when we cease to look for disappointments, crosses, sacrifices, and adversities. When to human perception there is naught but loss and failure, in the sight of God there is naught but success and plenty. When man is driven to extremity by his self-inflicted failure, God takes the opportunity to reveal success to him if he will but face the light.

We can see that unless we face heaven, unless our thought is purified, we cannot behold the "windows of heaven." We cannot receive heaven's blessings unless we think in terms of blessings. We cannot behold the light of Truth until we turn from darkened beliefs.

The "windows of heaven" are opened to you now, whoever you are, wherever you may be, whatever your problem. These windows are never closed to you.

PRAYER AND PEACE

PRAYER is that attitude of mind by which we rise above the sordid things of earth and lift ourselves to the blessings of heaven. By prayer our thought about the power that things seem to have over us is transformed into faith in the power of God. Through prayer we enter that happy peace which fills us with itself to the exclusion of all else.

By prayer we place ourselves in position to receive that which is rightfully ours as children of God. We do not beseech or beg for what is ours as His heirs; we simply enter that attitude of mind in which we can lay hold of that which God has in store for us.

If things in your world are not to your liking, pray. If you have been overcome by the belief in disease, pray. If your business has not been successful, pray. Pray when driven to extremity. Pray when everything else seems to fail.

Rise above all belief in the power of evil, sin, hate, fear, disease, and failure. Your mind must be clean when you pray. There must be no adverse thoughts in your mind when it is opened to receive the blessings of God. You must first free yourself of doubt and fear in order to make a place for the peace of God.

Are you seeking peace today? Turn out of mind the thoughts that would destroy peace. Turn out all adverse belief. Pray with a purified mind. Pray with a mind that knows no thought contrary to God. Pray with a mind that

is peaceful if you expect to be filled with the peace of God. Cease to think unholy thoughts if you want your mind filled with heavenly peace.

You would not use a dirty drinking glass at a spring of clear and sparkling water. You would first cleanse the glass in order to enjoy the water that was to fill it. When you pray for peace, assume the peaceful attitude. When you pray for love, be loving. When you pray for health, assume that you are becoming healthy.

By prayer we open our heart to God. By prayer our heart is filled. By prayer we give thanks. We can see that prayer is always positive. When we pray rightly we are peaceful, happy, and thankful. Peace is a handmaiden of prayer.

Do you need peace at this moment? Then drop from your mind and from your heart the inharmonious, fearful, doubting, or unloving thought that is destroying peace. Pray! Pray with the consciousness that no person, thing, or condition can take your peace from you or withhold it from you. Pray with the realization that in Truth you eternally abide in heavenly peace.

If you would be peaceful, pray often. Let your heart sing its peaceful song. Let your heart lift you to heaven, wherein there is naught but peace. As you continue to pray, you will continue to increase in peacefulness. But remember this: your prayer must be positive.

I live in the realization of mental and physical freedom because I no longer believe in bondage.

IF YOU would be free, then clear your mind of every thought of bondage. Remove every trace of a belief that you are bound mentally or physically. Cease to think that persons, things, or circumstances can take your freedom from you. You are free because Christ has set you free.

Many persons suffer from the belief in bondage. Eventually, they accept bondage as a natural state and cease to hope for deliverance. They think of freedom as something foreign to them. They believe that man is in bondage to adversity, sin, disease, failure, and death. Their freedom comes only when they realize the fact of their freedom, through Christ, from every form of bondage to which man believes himself to be subject.

Do you want to be free? Of course you do. You want to remove from mind every offending thought, every belief in bondage to external things, every thought that would prevent your knowing freedom to the fullest extent. Deny every belief in bondage. Affirm the reality of your perfect freedom in mind, in body, and in affairs.

He that was called in the Lord being a bond-servant, is the Lord's freedman.—*I Cor. 7:22.*

God, the good, now manifests in my life to the exclusion of all that is unlike Himself.



GOOD comes from God, and to the extent that we keep our vision upon God we bring good into our life. When we think of an opposite to good, an opposite to God, we cause evil to appear. When we believe that God, the good, is not omnipotent and omnipresent, we cause our belief in evil to manifest as some form of adversity. There is no substance to evil but that which we give to it through our belief.

If you desire to be free from evil, cease to give thought to its presence and power. Do not sustain it by your thought, and it will no longer appear. Think often of the presence and power of God, the good, manifesting as peace, love, health, and plenty. Turn out of mind every belief that God can be absent from your life, or that He can have an opposite.

As long as you believe in evil, just so long will evil appear. Evil propagates itself through man's belief in it. He gives power to it, finds it has power over him, and then seeks to regain his supremacy over it. The only solution lies in his knowing the might of God to eradicate every ungodlike thing.

Hold fast that which is good; abstain from every form of evil.—*I Thess. 5:21, 22.*

I am free from all anxiety because I trust in God, and He is now bringing good to pass.



ANXIETY results from the belief that things of the external world can prove too much for the power of God within us. We become anxious when we believe that some person, some thing, or some situation will prove more powerful than the might of God, the good. Anxiety is experienced when our anxious thoughts seem to overpower us.

The thing about which you are anxious today may seem tomorrow to be entirely unworthy of your thought. Tomorrow you may have the consciousness of your freedom from anxiety. You may realize Truth to such an extent that you will know that things have no power to make you anxious. When will you reach this consciousness? When you know that God is all-in-all. When you realize that He is bringing good to pass in your life and that there is no power to cause evil to appear.

Are you anxious about your health? Spend more time in assuring yourself that God is your health now coming into manifestation. Are you anxious about supply? Instead of being anxious, realize that God is the substance of your life, manifesting according to your need.

Come unto me, all ye that labor and are heavy laden, and I will give you rest.—*Matt. 11:28.*

I rise out of all unbelief, because my faith in God causes me to have faith in the supreme good.



WE CANNOT doubt the power of good when we have faith in God. We cannot believe in adversity when we give our entire thought to good. If at times our faith wavers, if for a time we doubt, we may be assured that eventually we shall come to the place where we shall have perfect faith, since we are in the process of knowing more of God.

When you doubt the power of God, you show that you doubt His omnipotence. You believe in some power as sharing in His might. You believe that there is something opposite to God. You think of evil as something having presence and power, something usurping the omnipotence and omnipresence of God.

Do you lack faith in God's healing power? Then you believe in the reality and power of disease. Do you doubt God's power to save you from evil? Then you have more faith in that which men call evil than in God. You can increase your faith in God through thinking less of that which is unlike God. You can increase your faith by meditating upon the omnipresence and omnipotence of God.

Looking unto the promise of God, he wavered not through unbelief, but waxed strong through faith.—*Rom. 4:20.*

The Spirit of wisdom, order, justice, and success is now at work in my business, and I am successful.

TODAY we realize that God Himself manages our affairs, directs the work of our hands, and causes us to succeed. We cease to think of ourselves as working alone, without God. We realize that He is with us at all times, and that we cannot fail.

If your business needs the attention of an expert, if it needs the management of a superpower, place it in the hands of God. Realize that He will do all things wisely, well, and successfully. Free yourself from anxiety or the belief in failure. Be free from the thought of disorder or injustice. With God in command, your business will be impregnated with wisdom, order, justice, and success.

Regardless of what your business, work, or occupation may be, you can place it in God's care and cause it to be transformed into something of success. Nothing in all this world can keep you from succeeding when you realize Truth and know that it is operating in all that you do.

A righteous man thinketh that which is righteous. And whilst he does so, and walketh uprightly, he shall have the Lord in heaven favorable unto him in all his business.—*I Hermas Vision 1:10 (Apocryphal New Testament).*

TUESDAY, SEPTEMBER 6

My body is the temple of the living God and is filled with His presence of life and health.



THE BODY, when rightly understood, is found to be the temple of the living God, free from evil, pain, impurity, and disease. In man's body, God has embodied Himself—life, love, perfection, strength. Man's body temple is the vehicle given him through which he has identification with the three-dimensional world. Without his body, man would be unable to work out some of his soul problems. For this reason, he should know the true nature of it—know that it is God's holy temple—and should keep it clean and healthy.

Adverse thinking causes the body to manifest impurity, pain, disease, or weakness. Correcting the thought serves to free the body from adverse conditions. We can see the necessity of thinking rightly and entertaining the right idea about the body.

Do you want your body to be healthy and strong? Do you want to see it free from pain, disease, and weakness? Then think Truth. Think of the body as God's holy temple. Cease to think of your body as limited in any wise. In Truth, it is unlimited; it is God's temple.

He spake of the temple of his body.—*John 2:21.*

The joy of Christ in my heart now inspires me to give up all belief in sadness or depression and to let joy radiate through me.

JOY emanates from the presence of Christ. As we turn away from the thought of sorrow, we find this joy expressing itself in us and radiating from our heart. No adverse belief can cause us to be sad when we know this principle of Truth. We cannot be depressed and, at the same time, conscious of the presence of Christ within us, the presence of joy.

When our joy is centered in the Christ within us, it cannot change. Things of the world about us may change, but neither Christ nor His joy ever changes. He is constant. We should realize that our joy is not dependent upon the state of external things. Joy is positive in its action. When we are joyful, we are conscious of possessing that inner something which cannot be affected by the condition of outer things.

If you would be joyful, cease to think of things of the external world as having power over you. Cease to think of external things as able to take your joy from you. Center yourself in the joy of Christ within you.

That my joy may be in you, and that your joy may be made full.—*John 15:11.*

THURSDAY, SEPTEMBER 8

The purifying, healing, vitalizing, deathless life of Spirit fills me, and I am thoroughly alive.



THE LIFE of Spirit within us is our very life. Conscious of this presence, we become conscious of abundant life within us and become convinced of the principle of Truth that this life of Spirit is all-sufficient. The old belief that we can lack life, that we can have insufficient vitality, is given up for the understanding of Truth. We feel within us such a presence of life that it just fills us through and through.

To be thoroughly alive, we must realize the presence of Christ as life within us. We must know that we need not look to external things for life. We must realize that we have life within us that can never be depleted. In this way, we make mental connection with that inner source of life and cause it to manifest in the physical.

The life of Spirit cleans, heals, and strengthens us. As we think about it, we find that it seems to increase. We meditate upon life and find that we have more of it to enjoy. We become alive with the presence of life.

Our Saviour Christ Jesus, who abolished death, and brought life and immortality to light.—II Tim. 1:10.

The love of Christ in my heart makes me loving toward all persons at all times.

LOVE causes us to rise above personal differences, personal grievances, and personal animosities. The love of Christ in our heart makes us forget petty differences and rise to the consciousness of universal love. When we feel loving, we are ready to be lifted above limitations. We experience the love of Christ, and our whole attention is given to it.

Love is mighty to cause us to give up hate and fear. When we love, we cannot be hateful or fearful, we cannot exist apart from God's love. Love is powerful in its action. Every unloving thought must give way to it. All that is unloving must yield to Christ, divine love. When every other remedy fails, love will work its magic and its cure.

If your problem is not solved, if your demonstration has not been made, if some stubborn situation has not yielded to your prayers, add more love. When you increase in love, you increase in the consciousness of the presence of Christ. When you abide in love, you rest in the confident assurance that Christ is with you, taking care of you and your loved ones.

Even as I have loved you, that ye also love one another.—*John 13:34.*

*Thoughts of Truth, love, and health
now fill my mind, and every adverse
thought is excluded.*

BY CHANGING our thoughts, we can change the whole character of our mind and our body. Giving up thoughts of limitation and adversity, we are able to think thoughts of Truth. Thinking, then, is the very basis of our existence. When, through the study of Truth, we learn to think correctly, we are able to bring about favorable conditions in our life.

Mind plays a very important place in man's redemption from adverse conditions, since by his negative thoughts he has related himself to negative conditions and by his positive thoughts he must relate himself to God. We cannot overestimate the power of right thinking, since by it we make contact with Spirit within us.

It is well to have definite periods each day when we can discipline our mind. Negative and adverse thoughts must be cast from mind, and positive thoughts planted there. If we give ourselves so completely to the thinking of positive thoughts that we can have no place in mind for adverse thoughts, our work is simplified.

Be ye transformed by the renewing of your mind.
—Rom. 12:2.

CHRIST, THE PRESENCE OF GOD,
WITHIN ME AND ABOUT ME



I Establish Myself Today in—

The power of God to guide me,
The might of God to uphold me,
The wisdom of God to teach me,
The eye of God to watch over me,
The ear of God to hear me,
The word of God to speak for me,
The hand of God to protect me,
The way of God to lie before me,
The shield of God to shelter me,
The host of God to defend me,
Christ with me, Christ before me,
Christ behind me, Christ within me,
Christ beneath me, Christ above me,
Christ at my right, Christ at my left,
Christ in breadth, Christ in length, Christ in
height,
Christ in the heart of every man who thinks of
me,
Christ in the mouth of every man who speaks to
me,
Christ in the eye of every man who sees me,
Christ in the ear of every man who hears me.

—*Prayer of St. Patrick.*

*The new spirit of living fills my mind
and my body, and I am filled and thrilled
with a sense of newness in every part.*



EWNESS is characteristic of our laying hold of the inner renewing powers. When we learn to do this, we do all things through the renewing power of Spirit and not in the old monotonous way of doing things. The power of newness that fills us mentally and physically fills us with the very sense of newness, and we feel renewed in mind and in body.

If you would renew yourself, cease to think of yourself as old or as having to grow old. In Truth you are never old, since the "Spirit of truth," the Spirit of Christ, within you is never old. In the sight of God, you are ever new.

The best way to renew yourself is to renew your mind. Keep out of mind every thought that would make you old or crystallized. Above all, free yourself from the belief that you are in bondage to the race belief in age.

You will take a new lease on life when you cease to think in terms of age and recognize the fact of your eternal newness. Nothing can cause you to grow old when you catch the vision of Truth, the vision of your ever being renewed in Spirit.

We serve in newness of the spirit, and not in oldness of the letter.—Rom. 7:6.

The fearless courage of Christ within me rules my heart, and I am fearless and courageous at all times.



WE CANNOT be afraid when we are conscious of the presence of divine courage in our heart. When we know that the very courage of Christ in us is ours, we can go forth fearless and triumphant. Nothing in all this world can make us afraid when we let the courage of Christ replace the sense of fear.

When are you afraid? Only when you feel that you stand alone and apart from God. Only when you think that things of the world about you are mightier and more powerful than your own innate power. Only when you lose sight of God within you, and give your thought to the seeming power of other persons about you.

In reality there is nothing in all this world to harm you, since nothing can harm Christ within you. There is nothing to give you fear when you have lost all sense of fear. Nothing can frighten you when in your heart there is no corresponding thought of fear. You can see that, when you wipe out fear from your heart, nothing can cause you to be afraid.

Fear ye not, stand still, and see the salvation of Jehovah, which he will work for you to-day.—*Exod. 14:13.*

I am patient because I know that even now God is at work in my affairs and He does all things wisely and well.



ARE YOU inclined to be impatient if things seem to be slow in adjusting themselves to your way of thinking? Are you impatient if God's work appears to be hidden from your sight when you think it should be evident? You can free yourself from impatience just by realizing that God's work is taking place, that He works wisely and well, that He will bring order out of chaos.

Knowing the true nature of our relation to God helps us to be patient. We find that our faith in Him increases and we become more patient. We see that impatience is a mark of lack of understanding and trust.

Are you impatient with others? Learn to trust the Spirit of God within them. Exchange your lack of faith in them for a deep assurance and conviction that God in the midst of them will cause them to do wisely and well whatever they need to do. Are you impatient when your affairs seem to be in disorder? Place your affairs in the keeping of God. He will cause wisdom, order, justice, and plenty to appear. Patiently trust Him in all things.

The Lord direct your hearts into the love of God, and into the patience of Christ.—II Thess. 3:5.

God, the principle of Truth, the law of life, governs my very existence, and I rejoice to live under His government.



WE EITHER place ourselves under laws of limitation or else recognize the fact that we are governed solely by one law, the principle of Truth—God. If we think of ourselves as under the burden of man-made laws, laws of the race man, laws of limitation, then these seem to govern us. If we recognize the true nature of God, then we are governed entirely by Him and His law of good.

Instead of thinking of yourself as under the law of disease, realize that God as the law of life and health governs you. Instead of thinking of yourself as under some law of bad luck or misfortune or failure, know that through God you are governed solely by the law of heaven, the law of good.

As divine principle, God is the principle of peace, love, life, health, and success. When we realize and recognize but the one principle, we will find that we are not subject to any adverse laws or principles. We cannot be governed by God and, at the same time, be governed by evil or adversity or failure.

The law of the Spirit of life in Christ Jesus made me free from the law of sin and of death.
—Rom. 8:2.

Heaven—the kingdom of peace, love, health, and plenty—is in my midst, and I, too, abide in it.



WE SEEK the kingdom of heaven through higher consciousness, and we find that it is within us and we are in it. Heaven does not appear to be far away from us, in some far-off place, something to be found after death. We know that heaven is wherever the Spirit of Christ is, and that He is within us.

All of us visualize heaven as some ideal state in which adversity is unknown and where our desires are fulfilled, our prayers answered. Every individual in the secret chamber of his heart feels that there is some ideal to which he can attain, some ideal condition that he can experience, some ideal state in which he can live that is just within his grasp. This ideal state is heaven.

When we seek the heavenly state in consciousness, we contact the richest blessings of God. We find that heaven is both within and about us. Having found it in consciousness, we find that we are in its very midst. That which we have sought in the ideal, we find in manifestation. Having sought heaven through prayer, we find that its richest blessings are showered upon us.

Seek ye his kingdom, and these things shall be added unto you.—*Luke 12:31.*

The peace of heaven is now expressing itself in my mind, and there is peace in my body and in my world.

PEACE, when we think of it, makes us think of heaven. When peace prevails, we feel that heaven has shed its benediction. When we experience peace, we seem to be without inharmonious thoughts. We abide in that consciousness in which we think only of God and heaven, only of Truth.

The peaceful person must have peaceful thoughts. In order to experience peace in mind and in body, he must have a mind free of inharmony. To have peace, he must think peace only. His mind must become so impregnated with peace that no thought of inharmony can enter it.

If you want to be peaceful, guard your thoughts. Keep out of mind every thought that would destroy peace. Cease to believe that persons and external things can take your peace from you. Become so established in the peace of God within you that you cannot be moved or disturbed by the condition of external things.

The peace of heaven is now being expressed within and through you. Even when you lack a consciousness of it, this peace exists within you, and it becomes yours when you lay hold of it.

Peace be multiplied unto you.—*Dan. 4:1.*

The blessings of heaven are now poured out upon me, and I am blessed with that which I most need and desire.

WE SHOULD not think of heaven's blessings as abstract or intangible. If a blessing from heaven did not come to us at a time and in the form to give us what we desire or need, then it would not mean much to us. We cannot be blessed in some abstract way with peace, joy, love, life, and supply. The blessings of heaven are tangible to us when we pray for them and look upon them as such.

The blessing that you seek today will come to you if you can enter that high consciousness in which you draw blessings to you. Realize that the blessing will be one that you can appropriate. If you need health, then this blessing will be health. If you pray for increase in supply, then this blessing will be such. Remember that heaven's blessings come to you in the way that you can best use them.

You will be blessed abundantly when you can enter the realization of receiving blessings. Cast from mind every negative belief that would limit your blessings. Cease to think that blessings do not exist for you. There are blessings for you on every hand.

I shall come in the fulness of the blessing of Christ.—Rom. 15:29.

God, divine justice and good judgment, is now working in me and in all my affairs, and the justice of heaven prevails.

JUSTICE operates in and through us when we drop from mind all belief in injustice. When we cease to think that there is some power other than God, when we no longer believe that injustice has power, when we cease to believe that God can have an opposite, then we discover that God as justice prevails.

Do you think of some person as treating you unjustly? Do you think of this one as having more power than God or as an opposite to God? Realize then that God exists without a peer. Nothing can prevail against His justice or His good judgment. No person or thing can set up injustice in your life when you know that God alone rules your life and that God is just.

Many persons are unhappy because they believe that others can be unjust with them. Their belief in injustice works against them. They mesmerize themselves with the belief in injustice when they should know the true nature of God's supreme justice. There is but one judge in Truth—and that is God.

One only is the lawgiver and judge . . . but who art thou that judgest thy neighbor?—James 4:12.

The light of God within me is my source of illumination and inspiration, and I know all that I need to know.

THE LIGHT of Truth within us, the presence of God, is the light of our wisdom and understanding. It is the source of our inspiration and revelation. Nothing can be withheld from us, no knowledge can be kept from us, when we turn to this light. All wisdom is in God, and God is within us.

If you wish to know anything, cease to think of yourself as ignorant. When you call yourself ignorant or say that you do not know, you limit your thinking powers. You turn from the light of God within you when you view yourself as in the dark. When you say that you do not know, you work contrary to the principle of Truth that you are the illumined child of God.

The light of Truth will reveal to you all that you need to know. Within you is the very information that you often seek from external sources. When you turn toward the presence of God you are illumined by His presence—light, illumination, inspiration, and revelation.

If you need light upon your business, turn in thought to God.

While ye have the light, believe on the light, that ye may become sons of light.—*John 12:36.*

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY
September 20 to October 19

ILLUMINATION

God's understanding quickens and increases my understanding, and I know the Truth.

HEALTH

The life in Christ quickens and releases the life in me, and my youth is renewed.

PROSPERITY

The rich substance in Christ releases and liberates the rich substance in me, and my innate prosperity is made manifest.

The healing power of God is now active in me, and I am healed of all belief in disease and of every manifestation of it.

HEALTH is the result of our knowing that God is our health. Disease comes from our failure to know and to realize this principle of Truth. The person who is diseased becomes so by the objectifying of his belief in disease. The person who is healthy thinks health.

Disease does not come from God. The ancients believed that God put diseases upon them. They did not know that they produced the appearance of disease by their belief in it. They prayed for God not to put disease upon them, when they should have known that God was their health.

Health is man's divine birthright. Health is man's natural estate. Only when he believes in disease or lives contrary to God's law does he manifest conditions unlike health. The healing power of God is ever at work in man. God is always filling him with His purifying, vitalizing, healing power. God is ever lifting man higher and higher to the realization of his perfection and wholeness.

Jehovah will take away from thee all sickness.
—Deut. 7:15.

WEDNESDAY, SEPTEMBER 21

God, the Spirit of ever present substance, is my supply and support, and I am bountifully supplied at all times.



EASE to believe that you can ever be apart from God or His substance and supply. Do not think that His supply can be hidden from you, or that your prosperity is affected in any wise by limited beliefs. God is ever present within you and your affairs. He is ever with you as your source of riches.

When you believe that your supply can be limited, you limit it. When you think that your position is dependent upon worldly conditions, when you think that it can be lost or taken from you, then your limited belief affects your position and prosperity. You can see how essential it is that you keep all belief in panic, depression, lack, or failure out of mind.

You can make your prosperity demonstration at any time. You can make your supply appear whenever you need it. Keep your thought turned to God. Keep limited beliefs out of your mind, and fill it with the realization of the true nature of prosperity. Know that the very Spirit of substance and supply is ever within you, ever expressing itself as your own substance.

The Almighty will be thy treasure,
And precious silver unto thee.

—Job 22:25.

The forgiving power of Christ in me is now doing its perfect work. I forgive and I, too, am forgiven.

FORGIVENESS is that process by which so-called sins of the past are wiped from consciousness and we live free from all memory of them. By forgiveness we are restored to the same state that we were in before misdeeds were committed. Through forgiveness all mental records of sins of the past are erased.

If you would be forgiven, forgive. If you expect to be set free, set others free. You cannot hold others in bondage to their misdeeds of the past and remain free yourself. If you would be forgiven, you must enter into the consciousness of forgiveness.

Christ within you is the only power that can forgive you. When you turn to Him, when you turn to the very Spirit of God, turning away from all desire to sin or all memory of sin, you will be forgiven. You will enter that Christ consciousness in which there are no unpleasant memories of the past.

If you would be forgiven, cease to think of your misdeeds. No longer accuse yourself of evil. In God's sight, you are now and always have been His child of light, joy, and peace.

There is forgiveness with thee.—*Psalms 130:4.*

The "Spirit of truth" now rules me and my world. Every adverse belief is now cast from my mind, and Truth rules supreme.



TRUTH, when established in consciousness, frees us from falsehood. The Truth understanding of health sets us free from the belief that disease has any relation to us. Understanding of the true nature of God's love sets us free from the belief in condemnation. Thus we see that Truth is God and that, when it is established in our consciousness, it rules supreme.

Jesus came bringing a message of Truth to men who believed in false values. They believed that disease and lack were true. Jesus taught the true nature of health and plenty. Men believed that they could succeed through hatred and injustice. Jesus taught the true power of love and justice.

When we think the Truth of Christ, we displace certain falsehoods from our mind. When we are established in Truth, we lose our identity with fear, disease, or lack. When adverse thoughts come to consciousness, we need to speak the word of Truth to them and make them leave through the power of Christ.

Truth, Christ, is man's savior. By Truth he is saved from sin, disease, failure.

Speaking truth in love.—*Eph. 4:15.*

My mind is relaxed from all thought of tension, and I feel my body relaxing in every part.

IN ORDER to relax physically, we must have mental relaxation. To relax in mind, we must free the mind from the thought that causes tension. If you are entertaining a thought of worry, fear, or resistance, remove this from your mind if you want to relax.

If you are tense, do not attempt to relax before getting rid of the tension-producing thought. Any physical relaxation that you succeed in producing will be but temporary. You must get rid of the thought that produces tension in your mind before you can effect relaxation in your body.

Exchange your thoughts of fear, worry, and tension for thoughts of peace, harmony, and security. Give up the feeling of tension for that of peace in mind and in body. Cease to believe that persons and external things can make you tense. Cease to empower any person or thing with the ability to cause you fear, discomfort, or irritation. You reign supreme over your world. Only Christ in the midst of you has power over your life.

They rest in their beds, each one that walketh in his uprightness.—*Isa. 57:2.*

In the quietness and stillness of Christ within me, I find that I, too, am quiet and still.



THE STILLNESS of God pervades us when we turn from the noise of the world about us and seek after the Spirit of God within us. In this presence of God, we become quiet and peaceful. No disturbing thought can reach us when we abide in Him.

To be quiet, we must take our thought off those things which disturb us. We must center our thought in the peace of God. By doing this, we make a contact with His stillness. We find that deep within ourselves we are quiet and still, because there lies the Spirit of God.

Say, "Be still," to the thought that seems to disturb you. Refuse to let it irritate you. Know that in Truth you are forever established in the presence of God, the presence of peace, harmony, quietness, and stillness.

You can withdraw yourself at any time from the world of noise and confusion and enter that inner realm which is quiet and still. You can withdraw from those things which seem to irritate you, and enter the presence of God. You can prove that external things have no power over you by proving that they cannot stir up any adverse thought within you.

Take heed, and be quiet.—*Isa. 7:4.*

I can pray successfully because I know that God in the midst of me can do all things.

PRAYER ceases to be a mystery to us when we realize that through God within us we can do all things. By prayer we make that inner contact by which we unite ourselves with the blessings of heaven. We pray when we lift our heart above thoughts of limitation—right to heaven.

When we pray aright we do not beg God to give us of His goodness. We do not beseech Him to give us something that is already ours. When we pray, we should enter into the consciousness that we are one with God, one with all his blessings.

The only posture necessary in prayer is a mystical one, that of lifting the heart to God. You may sit, kneel, or recline when you pray, but your heart must be lifted up. You must feel the powerlessness of all else but God. You must feel that your thought and your heart abide with God.

To pray the prayer that delivers us from the belief in fear, disease, and failure, we must know that through God we can do all things. We must realize that He is the only power that can operate in us and in our life.

The prayer of faith shall save him that is sick.
—James 5:15.

The Spirit of peace, joy, and success goes ahead of me, and makes my way in life peaceful, joyful, and successful.



OUR WAY in life is difficult and hard if we believe that it is such. If we think that we have to go the way of sacrifice, hardship, and failure, then we go that way. If we think that God's will for us is denial and poverty, then these become our portion in life.

The way of Spirit is the way of peace and plenty, joy and success, health and happiness. When we act from the standpoint of spiritual consciousness, we know Spirit's way, the way that we should take, the way of joy and success. When our thought is with God we understand His will for us.

Have you been used to going the hard way? Has your path always been a hard and difficult one? Do you not realize that as long as you think that you must go the hard way, you will have to do so. As long as you see yourself on the down-turned path, you will go down. When you look up, you will see your path turned up.

Realize that the Spirit of God is ever with you, and that it reveals to you your path of peace and success. Know that it is God's will for you to go the way of optimism and victory.

Behold, I send my messenger, and he shall prepare the way before me.—*Mal. 3:1.*

*Christ in me is my peace, joy, life,
health, and success, and I can do all
things through realizing His presence.*

BY TURNING to Christ in us we turn away from all dependence upon outer things. We turn from the belief that adversity or limitation can have power over us. We turn from the thought that there is anything in all the world equal to or greater than Christ.

But for Christ in us, we would be nothing but matter, or clay. There would be nothing of heaven within us. There would be nothing divine about us. We can see that we must turn to Christ in order to keep before us our spiritual nature. In a world in which inharmony, sorrow, disease, and failure seem to be powerful, we must turn to Christ and know the reality and presence and power of all things good.

Christ in us is our power to bring into manifestation the good that we desire. Through Christ we are ever linked with heaven. He joins us with that which we desire, that which we long to be. He fulfills our desires and makes our dreams come true. It is Christ within us that causes us to know that we are not material men, but beings of a celestial kingdom.

Christ in us causes the light of heaven to shine on our face.

Christ in you, the hope of glory.—*Col. 1:27.*

The Spirit of God within me now exalts me to a consciousness of Truth, and I realize that I am above all limitation and adversity.



WHEN WE realize that through the Spirit of God within us we are lifted above all sense of limitation and adversity, we can never be cast down. We cannot experience adversity when we know that God within us is ever exalting us.

If you are laboring under the belief that persons or things have power to cast you down, realize that God in the midst of you is lifting you up. Realize that nothing can keep you from being exalted above material and limited things when God within you is exalting you. Nothing can prevent you from being lifted up when you realize the presence of God within you.

Instead of thinking of things as having power to keep you down, realize that God has power to lift you up. Know that there is within you that which always exists high in the heavens. There is that within you which cannot be cast down. The Spirit of God in the midst of you is ever elevating you above the things of earth.

Now will I lift up myself; now will I be exalted.
—Isa. 33:10.

Through Christ in me I have dominion over sin, disease, and failure. Through Him I have power to manifest the good—to have health, success, and plenty.

POWER AND DOMINION are ours through the presence of Christ within us. Things about us cannot have power over us when we realize that in Truth we have dominion over them. We cannot believe that limitation and adversity have dominion over us when we know that Christ in us has authority over all.

Nothing can enter your life or your world and take command of you. Nothing can subjugate you to itself. Through the Spirit of God you are given dominion over everything. The power and authority of Christ within you can be exercised when you are in spiritual consciousness.

Believe that things have no power over you, and they cannot have it. Believe that Christ in you has power over them, and you have power over them. Realize that Christ's authority is now being exercised, and you will feel within you His authority.

Let not any iniquity have dominion over me.
—*Psalms 119:133.*

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